

Nutrition Resource Guide ...continued

Sound nutrition advice is based on a body of research, not a single study. Science does not proceed by dramatic breakthroughs; it takes many small steps building toward a case of evidence. Due to the complex nature of the scientific process, consumers are encouraged to seek assistance from their physician when interpreting medical studies.

Medical Literature Search Engines

IFIC Review: How to Understand and Interpret Food and Health Related Scientific Studies, International Food Information Council. Go to www.ific.org, click on **publications**.
Health Finder www.healthfinder.gov
National Library of Medicine www.nlm.nih.gov
CAM on Pub Med www.nlm.nih.gov/nccam/camonpubmed
Computer Retrieval of Information of Scientific Projects
<http://crisp.cit.nih.gov>

Misleading and Fraudulent Nutrition Products and Practice

FTC and FDA Miracle Health Claims. Go to www.ftc.gov/bcp/conline/pubs/health/frdheal
Quackwatch www.quackwatch.com
National Council Against Health Fraud www.ncahf.org
Healthcare Reality Check
<http://web.archive.org/web/20020527102247/www.hcrc.org>
American Council on Consumer Interests
<http://consumerinterests.org>
Consumer Union's Consumer Reports
www.consumerreports.org
The Blonz Guide www.askdrblonz.com

Special Dietary Needs

AIDS Health Fraud Task Force of California www.aidsfraud.com
Vegetarian Resource Group www.vrg.org
Osteoporosis and Related Bone Disease National Resource Center www.osteoporosis.org

Books

Consumer Health: A Guide to Intelligent Decisions with Power Web. Stephen Barrett, et al. McGraw-Hill Humanities; 7th edition, @ 2001

365 Days of Healthy Eating from the American Dietetic Association. Edited by Roberta Larson Duyff. Wiley @ 2003

The Way to Eat. David L. Katz, MD, MPH, et al. @ 2002

Dieting for Dummies. Second edition. Jane Kirby, RD @2004

Consumerlab.Com's Guide to Buying Vitamins and Supplements: What's Really in the Bottle. Tod Cooperman, et al. Consumerlab.com LLC @ 2003

Eating for Endurance. Ellen Coleman. Bull Publishing Company; 4th edition @ 2003

Periodicals

Environmental Nutrition. Subscriptions:
800-829-5384 or P.O. Box 420234, Palm Coast, FL 32142-0234
or enu@palmcoastd.com

Harvard Women's Health Watch. Subscriptions:
800-829-5921 or P.O. Box 420068, Palm Coast, FL 32141-0068
or harvardwhw@palmcoastd.com

UC Berkley Wellness Letter. Subscriptions:
386-447-6328 or P.O. Box 420148, Palm Coast, FL 32142 or
www.wellnessletter.com

Tufts University Health and Nutrition Letter. Subscriptions:
800-274-7581 or P.O. Box 420235, Palm Coast, FL 32142-0235 or www.navigator.tufts.edu

For information about a nutrition product or service, please contact: Julie Mortimore, RD, Public Health Nutritionist, (909) 387-6331 jmortimore@dph.sbcounty.gov

NUTRITION RESOURCE ... GUIDE ...



The Nutrition Resource Guide helps consumers sort through misleading, unproven, and false information about nutrition and dietary supplements.

Although the Nutrition Resource Guide strives to provide credible, science-based resources, inclusion on the Guide is not a guarantee that all of the information from every website, newsletter, and book is accurate or complete.

Nutrition Fraud Awareness Program www.sbcounty.gov/eatwell
San Bernardino County Department of Public Health
351 North Mountain View Avenue, Room 104
San Bernardino, CA 92415-0010



NUTRITION RESOURCE GUIDE

General Nutrition Information Websites

Nutrition News Focus www.NutritionNewsFocus.com
Food and Nutrition Information Center www.nal.usda.gov/fnic
American Council on Science and Health www.acsh.org
Tufts Nutrition Navigator www.navigator.tufts.edu
American Dietetic Association www.eatright.org
National Center for Chronic Disease Prevention and Health Promotion, Nutrition and Physical Activity www.cdc.gov/nccdphp/dnpa/index
Healthier U.S. www.healthierus.gov
USDA Center for Food Policy & Promotion www.usda.gov/cnpp
Nutrition.gov www.nutrition.gov
International Food Information Council www.ific.org
Intel Health www.intelihealth.com
Web MD Health <http://mywebmd.com>
Harvard Health Publications www.health.harvard.edu/hhp/index.jsp
The Medem Network: Connecting Physicians and Patients Online www.medem.com
Arbor Nutrition Guide <http://arborcom.com>
Mayo Clinic www.mayohealth.org
Reuters Health www.reutershealth.com
5-A-Day the Color Way www.5aday.com

Youth Oriented

California Project LEAN www.caprojectlean.org
Kids Health www.kidshealth.org
5-A-Day the Color Way www.5aday.com

Seniors

American Association of Retired Persons AARP www.aarp.org
National Institute on Health, Senior Health.Gov <http://nihseniorhealth.gov>
Medline Plus, Senior Health Issues www.nlm.nih.gov/medlineplus/seniorhealthissues
National Policy & Resource Center on Nutrition and Aging www.fiu.edu/%7Enutrelldr/

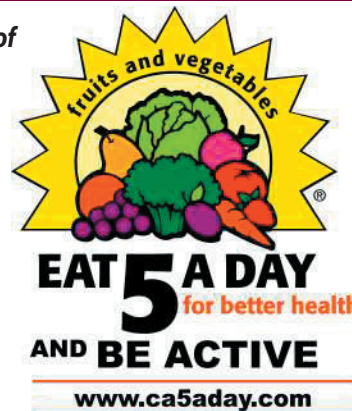
Complementary and Alternative Medicine and Dietary Supplements

National Institute on Health, National Center for Complementary and Alternative Medicine <http://nccam.nih.gov>
National Institute of Health, Office of Dietary Supplements, IBIDS and CARDS Databases, <http://dietary-supplements.info.nih.gov>
Dietary Supplements/Food Labeling (FDA-DSFL) www.cfsan.fda.gov, search for dietary supplements.
Consumer Lab www.consumerlab.com
Supplement Watch www.supplementwatch.com
Natural Medicines Comprehensive Database www.naturaldatabase.com
Natural Standard www.naturalstandard.com

Cancer

Memorial Sloan-Kettering Cancer Center Information Resource: About Herbs, Botanicals and Other Products www.mskcc.org/mskcc/html/11570.cfm
American Cancer Society www.cancer.org
OncoLink www.oncolink.upenn.edu

While diet is a component of good health, the ability of specific foods or nutrients to influence health and protect from disease is commonly overstated in media. Nutrition research demonstrates the health benefit of eating 5 or more servings of fruits and vegetables, and participating in at least 30 minutes of physical activity each day.



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Diabetes

American Diabetic Association www.diabetes.org
National Institute of Diabetes and Digestive and Kidney Diseases www.niddk.nih.gov

Heart Disease

American Heart Association www.americanheart.org
National Heart, Lung, and Blood Institute www.nhlbi.nih.gov
Your Heart Your Life <http://hin.nhlbi.nih.gov/salud/pa/index>

Sport Nutrition

National Center for Drug Free Sport www.drugfreesport.com/home.asp
The Healthy Competition Foundation www.healthycompetition.com
American College of Sport Medicine www.acsm.org
Sport Science www.sportsci.org
Gatorade Sports Science Institute www.gssiweb.com
Nutrition and athletic performance — Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine www.eatright.org/Public/Other/index_adap1200.cfm

Weight Loss

Diet Reviews by Chase Freedom www.chasefreedom.com
Diet Fraud www.dietfraud.com
Partnership for Healthy Weight Management www.consumer.gov/weightloss
Health-e-Weight for Women www.brighamandwomens.org/healtheweightforwomen
American Obesity Association www.obesity.org
Partnership for Essential Nutrition www.essentialnutrition.org/index
The National Weight Loss Registry www.lifespan.org/services/bmed/wt_loss/nwcr